Counseling Program

Office of the Deputy Under Secretary of Defense
(Military Community and Family Policy)

COUNSELING - NEED TO TALK?

- **Private and confidential**
- **Referral to Local Counseling Professionals**
  - Licensed
  - Knowledgeable of military life
  - Pre-paid
- **No cost to Active Duty and members of Guard and Reserve**
- **No cost to family members**
- **Help for coping with normal reactions to difficult situations**

What can a counselor help me with?

Everyday Situations

- Stress
- Anger management
- Marital
- Teens
- Parent/child communications
- School issues
- Relationship issues

Military Life

- Deployment Issues
- Reunion – Coming Home
- Moving
- Single Parenting
- Loneliness/separation
- Homesickness
- Loss and grief

Financial

- Credit
- Loans
- Debt Reduction
- Buying a home
- Buying a car
- Investing
- Saving
- Thrift Savings Plan

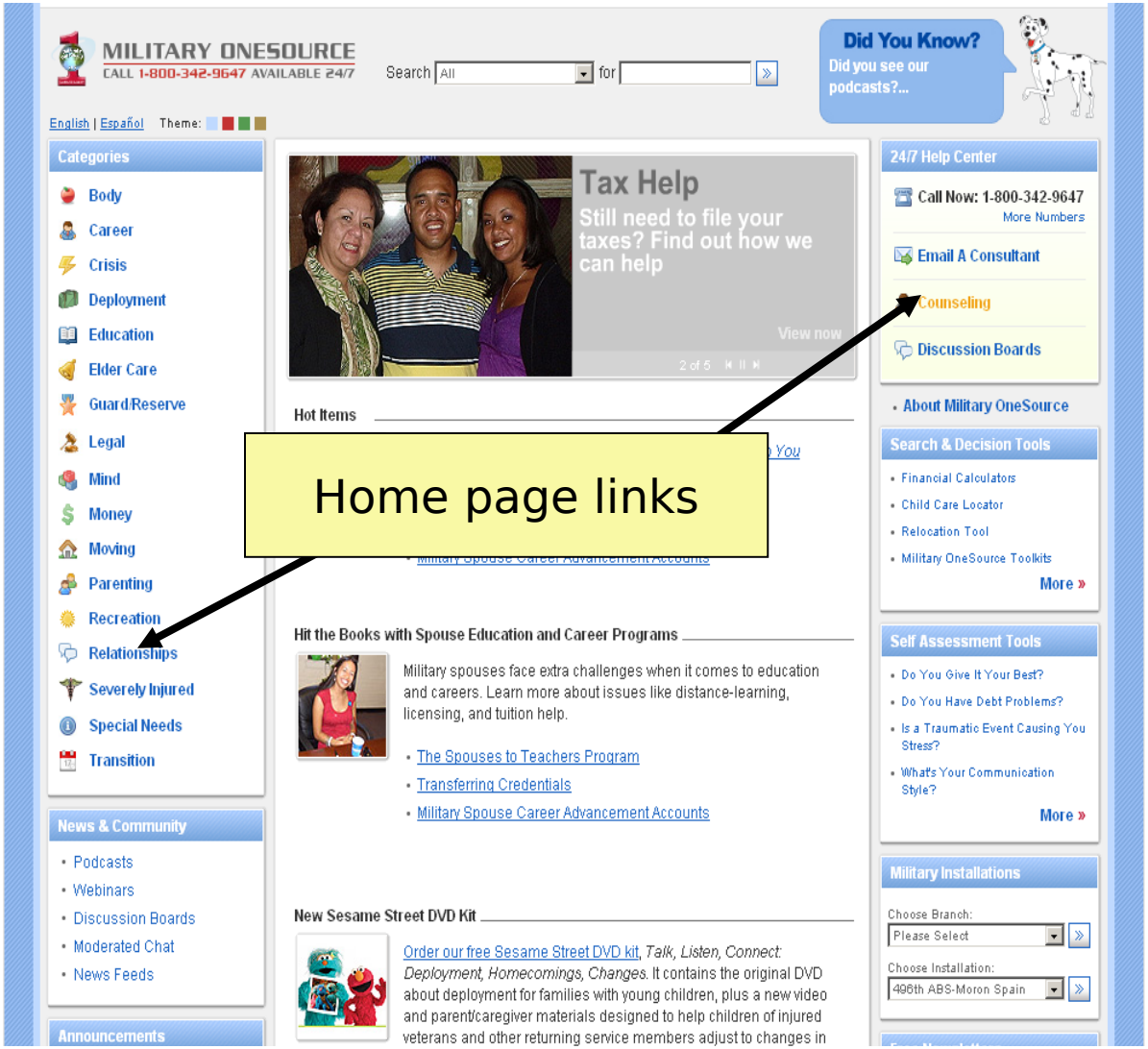
Mental disorders are referred to the MTF or TRICARE

How can I see a counselor?

- **Call Military OneSource**
  - 1-800-342-9647
  - Obtain referral for counselor nea
  - Face to face sessions
  - Up to 6 sessions per issue
  - Telephonic counseling

- **Individuals, couples, families, and groups**
  - Private and confidential
    - Non-medical
    - Short term
    - Situational
    - Problem solving

Issue: Counseling



Counseling FAQs

MILITARY ONESOURCE
CALL 1-800-342-9647 AVAILABLE 24/7

Search All for

English | Español Theme:

Categories

- Body
- Career
- Crisis
- Deployment
- Education
- Elder Care
- Guard/Reserve
- Legal
- Mind
- Money
- Moving
- Parenting
- Recreation
- Relationships
- Severely Injured
- Special Needs
- Transition

News & Community

- Podcasts
- Webinars
- Discussion Boards
- Moderated Chat
- News Feeds

Military OneSource Counseling Options

Military OneSource offers two types of short-term, non-medical counseling services to all active-duty, Reserve, and National Guard members and their families: in-person counseling and telephonic consultations.

You can access counseling services by contacting a Military OneSource consultant to determine which type would be best for you and your situation.

IN-PERSON COUNSELING

When there is a need, a Military OneSource consultant can provide a referral for in-person counseling for a service member or eligible family member to a licensed professional counselor in the local community.

In-Person Counseling FAQs

TELEPHONIC CONSULTATIONS

When a service member or eligible family member needs counseling and is unable to attend in-person counseling sessions (due to their location or other circumstances), a Military OneSource consultant can provide a referral for a telephonic consultation.

Telephonic Consultation FAQs

AVAILABILITY

In-person counseling is available to those stationed or living in the continental U.S., Alaska, Hawaii, and Puerto Rico.

Telephonic consultations are available for those who are located outside of this area or are unable to attend in-person counseling.

LIMITATIONS

- Military OneSource counseling services are designed to provide service members and their family members help with ***short-term*** issues such as: adjustment to situational stressors, stress management, decision making, communication, grief, blended-family issues, and parenting-skills issues.
- Each eligible service member or family member may receive up to six sessions, per issue, per counselor at no cost. If you need counseling for a different issue, you must call Military OneSource and speak with a consultant to get another referral **for a different counselor**. You can only see a counselor for a maximum number of six sessions.
- Those requiring counseling for long-term medical issues will be referred to TRICARE or a military treatment facility.

PRIVACY

Counseling sessions are kept confidential, within certain guidelines. All counseling adheres to the same informed consent, Confidentiality/Privacy, and reportable-event protocols. A family member may seek counseling without the knowledge or consent of the service member. A Military OneSource consultant can explain the limits of confidentiality in more detail.

How to Get Counseling for Your Troops and Families?

- **Request Military and Family Life Consultant support through your Service's HQ.**
  - Licensed Master's and PhD level mental health professionals
  - Rotating assignments to installations
  - Flexible service delivery on and off the installation
    - Outreach (attend Family Readiness Groups)
    - On-demand (Reunion ceremonies and pre-deployment meetings)
    - Full-time (Located off the installation)

Requesting Counseling Support through your Service POC

- **Submit request through chain of command to Service headquarters (HQ) point of contact (POC)**
- **Service HQ POCs:**
  - Air Force: Ms. Lorraine Neuser (703-604-0195; lorraine.neuser@pentagon.af.mil)
  - Army: Mr. Rich Stagliano (703-681-0644; rich.stagliano@us.army.mil)
  - Navy: Ms. Kathy Robertson (202-433-4620; katherine.robertson@navy.mil)
  - USMC: Mr. Bruce “Bull” Barnes (703-784-0275; bruce.barnes@usmc.mil)

Requesting Counseling Support for Guard and Reserve

- **National Guard and Reserve Components:**
  - State Family Program Director/Wing Family Program Coordinators/Reserve Component Coordinator
  - National Guard Bureau

    MSG Selena Sparkman-St.Croix;

    selena.sparkman@us.army.mil; (703) 607-5409
  - Service HQ POC (see previous slide)
- **Required forms/paper work**

Special Counseling Initiatives

- Coaching Young Families
- Joint Personal Effects Depot (JPED)
  - Counseling support for staff
- Minnesota Army National Guard
- DoDEA/CYP Summer Camps
- National Military Family Association Purple Camps
- Joint Family Support and Assistance Program
- Child behavioral specialists for Army CYP's
- Telephonic counseling

PHONE CALL